



**Name: Marie Leedom**  
**Agency: Corrections - CSI**



**I never had a problem with my weight until I got pregnant with my first child; I was 27. I lost some weight after he was born, then had 2 more children in the meantime, and kept the weight on. My oldest just turned 16 and I have yet to lose the “baby weight”.**

**I was diagnosed with gestational diabetes, which I had during both the final 2 pregnancies, but was able to overcome after giving birth. But, for about 4 years now I have had type 2 diabetes, that I have not been dealing with, not really anyway. I have been mostly in denial hoping that it would go away in its own.**

**So after starting with CSI in May and learning more about the Wellness Program, I thought it was about time to start doing something good for myself. I have lost 12 pounds so far and this program is helping me to reach my goals! Becoming a Wellness Champion and getting involved with the Department of Corrections Wellness program has been inspirational. This department has a wonderful philosophy towards health and wellness that goes from the top ranks all the way down. That includes the Governor!**

**As a Wellness Champion, I have organized healthy luncheons with a guest speaker, developed an Exercise Library for our employees to share, started a Wellness bulletin board to post wellness information on and send out weekly ‘Wellness Tip’ emails.**

**I know if I lose weight and increase my activity levels and change my eating habits for the better, I will no longer need my diabetes meds. That is why I am so motivated about this program. I would like to see all my children graduate and get married and eventually down the road become a grandparent.**